

Erving Senior Community Center

MAY

Monday		Tuesday		Wednesday		Thursday		Friday	
8 Exercises Classes 3 High Impact 2 Med Impact 3 Light Impact		2 9:00 Restore & Emerge 10:15 Stretch Infusion Cards & Coffee Snacks daily 		3 9:00 Ask the Nurse & Blood pressure clinic 9:00 Good for U  10:00 Line Dancing Coffee & Snacks daily		5 9:00 Restore & Emerge 10:00 Stretch & Balance 12:00 BROWN BAG Coffee & Snacks Daily		6 9:00 to 3:00 Quilting open SEW Fitness room open daily Cards & Snacks daily 	
		9 8:30 Toe Nail Clipping 9:00 Restore & Emerge 10:15 Stretch Infusion Cards & Coffee 		11 9:00 Strength & Conditioning 10:15 Chair Aerobics 11:30 BINGO bring lunch 		12 9:00 Restore & Emerge 10:00 Stretch & Balance 1:00—2:30 KNOW the 10 SIGNS program 		13 9:00 to 3:00 Quilting open SEW Fitness room open daily Cards & Snacks daily	
Please check our dates available for Massage appointments 		16 9:00 Restore & Emerge 10:15 Stretch Infusion Cards & Coffee Snacks daily 		18 9:00 Strength & Conditioning 10:15 Chair Aerobics 11:30 BINGO bring lunch 		19 9:00 Restore & Emerge 10:00 Stretch & Balance Coffee & Snacks Daily Fitness Room open daily		20 9:00 to 3:00 Quilting open SEW Fitness room open daily Cards & Snacks daily	
 Exercise Equipment For your Use daily 8:30 to 3:00		23 9:00 Restore & Emerge 10:15 Stretch Infusion Cards & Coffee Snacks daily 		25 9:00 Strength & Conditioning 10:15 Chair Aerobics 11:30 BINGO bring lunch 		26 9:00 Restore & Emerge 10:00 Stretch & Balance Coffee & Snacks Daily Fitness Room open daily 		27 9:00 to 3:00 Quilting open SEW Fitness room open daily Cards & Snacks daily 	
				31 9:00 Good for U 10:00 Line Dancing Coffee & Snacks daily Fitness room open daily 		Van Service now available for Erving Seniors. Call 413-423-3649		Call 24 hrs in advance for a ride to any appointment or a ride to the Senior Center. 	

Open weekdays
8:30am - 3:00pm
413-423-3649

Erving Senior Center Presents

alzheimer's association
KNOW the 10 SIGNS
 EARLY DETECTION MATTERS

Please join us on Thursday
 May 12th 1:00 to 2:30
 for a discussion of the 10 Warning Signs of Dementia

This program is organized as part of LifePath's Age & Dementia Friendly Project. We will discuss how to recognize common signs of the disease, the importance of early detection and benefits of a diagnosis.

AGE-FRIENDLY
 Franklin County & North Quabbin

For information call 413-423-3649
 Light Refreshments will be served

